

# 3-A-DAY™ OF DAIRY MAY HELP YOU LOSE WEIGHT!\*



3 servings of dairy a day in a reduced-calorie diet supports weight loss.

## That's healthy advice for many African Americans.

**Struggling to lose weight? Including 3 servings a day of fat-free or low-fat milk, cheese or yogurt as part of a reduced-calorie diet may help you meet your health and weight-loss goals.<sup>1</sup>**

- Nearly half of all African Americans consume less than one dairy serving daily,<sup>2</sup> which may lead to inadequate intake of important nutrients.
- Packed with nutrients, including calcium, potassium and protein, dairy foods as part of a healthy diet may also help lower blood pressure and build stronger bones.
- The 2005 Dietary Guidelines for Americans recommend:<sup>3</sup>
  - People consume 3 servings of fat-free or low-fat milk or milk products every day as part of a healthy diet.
  - For individuals who are lactose intolerant, choose lactose-free milk or yogurt or consume the lactase enzyme prior to the consumption of milk products.

### What is a serving?

#### One serving of dairy is:

- **Milk:** 8 ounces or 1 cup
- **Cheese (natural cheeses like Cheddar and Mozzarella):** 1 to 1½ ounces or about 3 to 4 cheese cubes
- **Yogurt:** 6- or 8-ounce container of yogurt



## Lactose intolerance doesn't mean dairy avoidance.

Many people mistakenly avoid milk, cheese, and yogurt due to concerns about lactose sensitivity. Here are a few tips to help put the great taste and health benefits of dairy back in your life.

**D**rink lactose-free milk such as great-tasting LACTAID® Milk, which offers all the nutrients of regular milk, but is easier to digest.

**A**ged cheeses like Cheddar and Swiss are naturally low in lactose.

**I**ntroduce milk and other dairy foods into your diet slowly. Start with small portions with meals or snacks and gradually work up to 3 servings a day.

**R**emember LACTAID® Fast Act Dietary Supplements with your first bite or sip of dairy to help break down lactose so you can enjoy milk and other dairy foods.

**Y**ogurt is good. Cultured dairy foods like yogurt contain friendly bacteria that help digest lactose.



\*Research indicates that including 3 servings of dairy each day in a reduced-calorie diet may help support healthy weight loss.

**References:** 1. Zemel MB, et al. Dietary Calcium and Dairy Products Accelerate Weight and Fat Loss During Energy Restriction in Obese Adults. *Obesity Research*. 2004;12(4):582-590. 2. Wooten, W.J. and Price, W. Consensus Report of the National Medical Association: The Role of Dairy and Dairy Nutrients in the Diet of African Americans. *Journal of the National Medical Association*. 2004;96(12):15-31S. 3. US Department of Health and Human Services and US Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th ed. Washington, DC: US Government Printing Office;2005.

# Healthy Family, Healthy You

The National Medical Association (NMA)\* recommends 3-4 servings of low-fat dairy per day for good health. Be a good role model for your kids and help your family meet their goal of 3 servings a day with the tips below.

- 1 Enjoy a glass of low-fat LACTAID® Milk with your children every morning and not only will you set a healthy example, you'll do your body good too!
- 2 Stock-up on flavorful, fun foods to keep your family fueled and fit—grab-and-go snacks such as fruit yogurts, cheese cubes and single-serve containers of low-fat milk.
- 3 Make meal time family time—eating together as a family promotes good eating habits and improves overall nutrition.
- 4 Keep moving—spend at least 30 minutes every day with your family doing kid-friendly activities such as walking, playing basketball, jumping rope or dancing.

## Track Your Progress

Discuss your weight-loss goals with your medical doctor or registered dietitian. Put this up on your fridge to help you keep track of your progress!



### As part of a reduced-calorie diet:

- 1 ☒ Enjoy 3 servings a day of fat-free or low-fat dairy
- 2 ☒ Eat at least 5 servings each day of fruits and vegetables
- 3 ☒ Be active 30 minutes every day

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Visit [www.3aday.org](http://www.3aday.org) for information on dairy's link to weight loss, delicious dairy recipes and tips on getting your 3-A-Day of Dairy. While there, sign up for Get 3!, the 3-A-Day of Dairy's e-newsletter filled with nutrition advice and subscriber-only freebies.

For information on LACTAID® Products and lactose-free recipes, visit [www.lactaid.com](http://www.lactaid.com) or call 1-800-LACTAID.



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### Remember:

If you have difficulty digesting dairy, drink LACTAID® Lactose-Free Milk or take a LACTAID® Fast Act Dietary Supplement with your first bite or sip of dairy to help prevent the symptoms of lactose intolerance.

Enjoy Dairy Again!  
  
**Lactaid**  
BRAND

\*The National Medical Association (NMA), the largest African-American physician group in the U.S., recommends African Americans should get 3 to 4 servings of lowfat milk, cheese or yogurt each day, which may help keep their body weight down and help reduce the risk of diseases like obesity, high blood pressure and heart disease.

